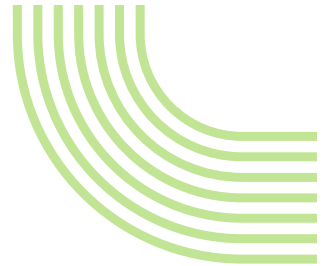




# Walk Bike CARLSBAD



Did you know that 41 percent of all trips made by car in the United States are one mile or less? These short, one-mile trips equate to a less than five minute bicycle ride or a 20 minute walk. To turn these every day, short driving trips into active walking and bicycling trips, the City of Carlsbad with Circulate San Diego and the San Diego County Bicycle Coalition is launching a new campaign, Walk+Bike Carlsbad. Join in to rediscover the joy, beauty, and benefits of walking and bicycling.

## Walk+Bike Carlsbad Is Easier Than Ever

The City of Carlsbad is making walking and bicycling even easier with recent improvements including:

- + More bike racks in the Village, Barrio and beach areas, so it's easier to park your bike.
- + New, wider bike lanes to create a buffer between bicyclists and cars.

More improvements are on the way including new signs around the Village to show bicyclists and walkers the distance to popular local destinations.

## Join Us

Walk+Bike Carlsbad includes events, outreach to schools, business promotions and other activities throughout the year. For more information, visit [www.carlsbadca.gov/walkbike](http://www.carlsbadca.gov/walkbike). Also, watch the city's Facebook page and share Walk+Bike Carlsbad posts with your friends and family.

## Walk+Bike Carlsbad = Good For You and Good For Carlsbad

Every short trip you walk or bicycle instead of drive is good for you and the community.

### *Good for Your Health*

- + Walking and bicycling rely on your own energy, so you burn carbs, not carbon
- + Walking and bicycling increase your social interaction and help you combat diseases caused by inactivity such as obesity and diabetes and decrease pollution that causes lung diseases such as asthma.

### *Good for Your Wallet*

- + Walking and bicycling reduce costs for fuel.
- + Walking and bicycling create better health, which translates into fewer medical expenses associated with chronic diseases.

### *Good for Business*

- + Walking and bicycling boost local economic activity because these activities allow people to enjoy and engage in their surroundings including shopping local business districts
- + Walking and bicycling are good for the business as they improve employee health and morale and develop customer loyalty for Walk+Bike friendly businesses

### *Good for Your Environment*

- + Walking and bicycling instead of driving translate into fewer cars on the road, reduced traffic and less air pollution, making Carlsbad better for everyone.